

International Foods Group Project

Project Requirements and Scoring Sheet – 100 Points

Name of country: _____

Group Members

Period # _____ Kitchen # _____

Purpose of the country project:

- to become knowledgeable about the cuisine of a specific foreign country.
- to plan a complete meal that will be prepared and served by the whole class.
- to educate the class about the history of the types of foods and eating habits identified with that country.
- to work cooperatively with a group to plan and present the information to the class.

Your project must include:

Points possible	Earned points	Portion of the project
20 total		Written report of the country & its food
		Needs to include:
2 pts.		1. a creative title page, which includes the name of your country and the names of the group members
3 pts.		2. a map of the country and explain where it is located (The map can be part of the title page.)
2 pts.		3. a picture of the flag of the country.
2 pts.		4. the capital, population and size of the country
3 pts.		5. any special holidays or special celebrations of feasts and foods involved, and special eating habits or customs.
4 pts.		6. the typical foods of the country – explain what the dishes are if they are unfamiliar to the class.
2 pts.		7. correct spelling and grammar – applies to all areas of the report
2 pts.		8. length of the report needs to be at least 2 pages typed, not including the map and flag pictures – typed in Word.

5 total		Oral Presentation:
		1. Each group will give an oral presentation of the written report to the class. (Share the highlights.) Talk about the recipes that have been selected for their meal. Give details about the recipe that was made at home. The whole group will participate.

20 total		Tri-fold Poster:
6 pts.		1. creative, colorful, neatly done – nothing handwritten!
2 pts.		2. name of country is prominent
2 pts.		3. includes picture of country & its location
2 pts.		4. includes picture of flag
6 pts.		5. includes pictures & titles of recipes to be prepared
2 pts.		6. includes other interesting information or pictures to fill poster (celebrations, national symbol, etc.)

20 total		Recipes:
5 pts.		1. need to include an appetizer, soup, main dish, vegetable or salad, potato/pasta/rice, bread and dessert. (7 recipes total)
5 pts.		2. must be pre-approved by the teacher for quantity, cost, time and availability of ingredients.
5 pts.		3. must each be typed on the computer with title or name of recipe, ingredients in the proper amounts needed for the group preparing the recipe for the class. <u>One recipe per page.</u> Correct spelling and grammar are to be used.
5 pts.		4. need to include clear directions for 2 days of preparation as to what can be prepared in a 50 minute class period and then finished or reheated for the next day for serving. Include "Day 1" & "Day 2" in the directions. (some recipes may need a "Day 3").

20 total		Food from Country – made at home and brought to school on the day of the country presentation
4 pts.		1. recipe selected was a good representation of country.
3 pts.		2. knowledgeable about recipe – tell about it during presentation
5 pts.		3. the food was shared with the class at the end of the presentation – cut into serving size pieces
3 pts.		4. the food tasted good
5 pts.		5. the kitchen area and dishes used to serve the food was cleaned up and dishes were washed or loaded in the dishwasher.

10 total		Market Order – Grocery List
6 pts.		1. include all ingredients and correct amounts need to prepare the entire meal for the class (do not include the ingredients that are needed for the recipe being made at home).
4 pts.		2. each ingredient is to be listed in the correct category on the market order.

5 total		Music or Centerpiece
		1. from your country to be played during the meal. It must be brought in on CD or I-Pod/I-Phone/Cell Phone.
		-or-
		2. creative centerpiece or other artifacts from the country as part of the display on the day of the meal.

Total Points	Grade	Comments

100 – 90 = A

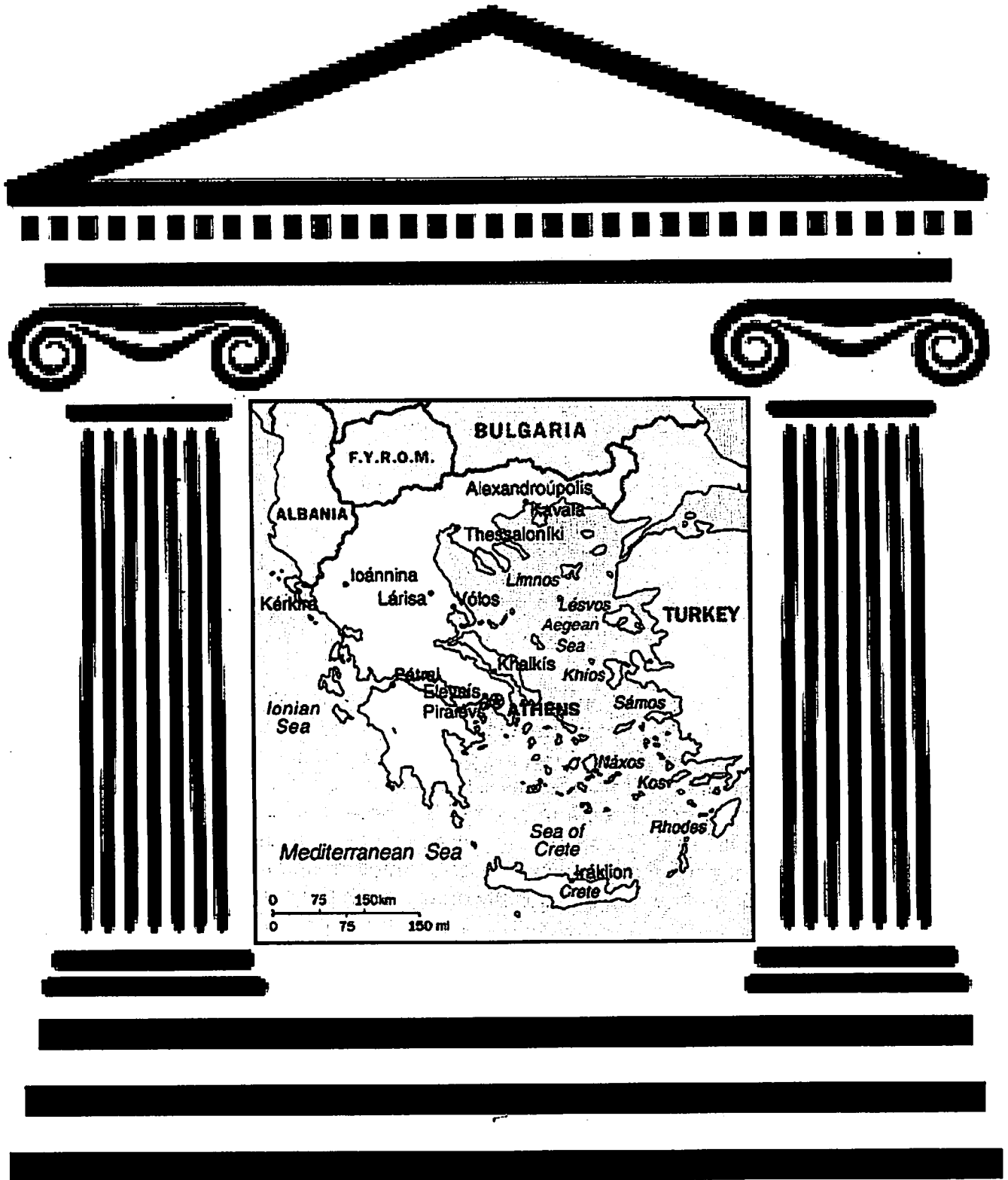
89 – 80 = B

79 – 70 = C

69 – 60 = D

59 – 0 = F

GREECE



Mrs. Steinmetz

Greece

Location

Greece is a land of sun and rocky seaside located in southeastern Europe. The country is surrounded on three sides by the sea. The Ionian Sea is located to the west, the Aegean Sea to the east and the Cretan Seas to the southeast, all of which are part of the Mediterranean Sea. Over 1,400 small islands are also part of Greece, but less than 300 are inhabited. Crete, the largest Greek island is far south of the mainland.



Flag

The flag of Greece is based on nine equal horizontal stripes of blue alternating with white. There is a blue canton in the upper hoist-side corner bearing a white cross; the cross symbolizes Greek Orthodoxy, the established religion of the people of Greece. According to popular tradition, the nine stripes represent the nine syllables of the phrase "Ελευθερία ή Θάνατος" ("Freedom or Death", "E-lef-the-ri-a i Tha-na-tos"), the five blue stripes for the syllables "Ελευθερία" and the four white stripes "ή Θάνατος". There is also a different theory, that the nine stripes symbolize the nine Muses, the goddesses of art and civilization (nine has traditionally been one of the numbers of reference for the Greeks).



Capital

Athens is the capital and the largest city of Greece. Athens is located in the most-southern part of the Balkan Peninsula and it is one of the oldest cities in the world. The focal point of Athens is naturally the Acropolis. The Acropolis hill (acro - edge, polis - city), so called the "Sacred Rock" of Athens, is the most important site of the city and constitutes one of the most recognizable monuments of the world.

Population

As of January 1, 2009, Greece's population was 11,257,285, making it the 73rd largest country in the world.

Size

Greece is approximately the same size as the state of Alabama, with an area of 50,942 square miles and a coastline of 8,498 miles.

Holidays & Celebrations

Almost everyday of the year there is a celebration somewhere in Greece. Nearly all Greeks belong to the Greek Orthodox Church, so most Greek holidays are religious. Whether it is one of the fourteen Greek Orthodox holidays, a name day, or a political holiday, a feast always accompanies the celebration.

Easter is the most important holiday in Greece. The Easter season begins with Carnival, about two months before Easter. Greeks celebrate Carnival with dancing, merrymaking and parades with floats. On the last night of Carnival, people feast and dance through the night for the last time before the pre-Easter fasting of Lent begins.

The Easter Sunday feast is the big event of the year. Lamb flavored with herbs is roasted over hot coals, and braided bread decorated with the dyed eggs is served. Other foods included in a typical Easter feast are feta, olives, *taramosalata* (fish roe spread), Easter twists (pastries made with egg, milk, and sesame seeds), spinach and feta salad, rice pilaf, artichokes, shortbread cookies, and *baklava* (honey and nut pastry).

Traditionally, Christmas in Greece was a strictly religious holiday rather than a time for presents. However, it has become more and more like Christmas in the United States, with Christmas trees and candles. A traditional Christmas dinner might include cheese triangles, meat triangles, feta, pistachios, Christmas bread, country salad, roast suckling pig or stuffed turkey, whole cauliflower with artichokes, sweet potatoes and *kourabiethes* (sugar-coated butter cookies).

New Year's Eve is also celebrated with special foods. For Greeks, New Year's Eve would not be the same without a *vassilopitta*, or St. Vassilios's Bread. This sweet bread is filled with sesame seeds, honey and oranges. *Vassilopitta* is named for St. Basil, the Greek version of Santa Claus. Greek children think he brings them presents on New Year's Day. Like St. Basil's bag, which contains gifts and surprises for Greek children, every *vassilopitta* contains a surprise – a coin that is baked into the bread. Greek bakers wash the coin and rub it with lemon and salt. Then they wrap it in foil and insert it into the dough before the bread is baked. The coin is a symbol of wealth and good fortune. The *vassilopitta* is served at exactly midnight. The head of the household cuts the bread. Each family member from the oldest to the youngest gets a slice. Everyone

hopes that his or her slice has the coin. Whoever gets it, Greeks say, will have good fortune in the coming year.

Greeks pay little attention to birthdays. Instead, people celebrate the day of the saint after whom they were named and they receive presents on that day. Villages celebrate the day of their patron saint. The festivities often last for several days, with members of the entire villages dancing and feasting together.

Typical Foods

The Greek civilization is thousands of years old, yet modern Greeks eat some of the very same foods that ancient Greeks did a long time ago. These foods include grains, olives and olive oil, and fresh fruits and vegetables.

Greek cuisine is very healthful. Greeks and other people of the Mediterranean area eat red meat, such as beef or lamb, only a few times a month. Breads, pasta, rice, grains, and potatoes are eaten almost every day. Beans, fruits, nuts and vegetables are also enjoyed daily as is olive oil. Cheese, such as feta, and yogurt are also eaten every day. Fish, chicken, and eggs are eaten a few times a week. All of these things keep the Greek diet low in animal fat and high in nutrients that keep people healthy.

Because different products are produced in different parts of Greece, there are regional differences in Greek menus. For example, Greek islanders and those who live in coastal areas eat more fresh fish than those who live inland. Greek islanders also eat more food that grows in warm climates, such as figs, artichokes and almonds. Northern Greeks eat more cool-weather vegetables such as cabbage and leeks.

Despite regional differences, three ingredients are present in foods throughout Greece: olives, olive oil and lemons. These ingredients give Greek food its unique flavor.



Olives: A National Symbol

Greeks have been eating olives for eons. They have been and important part of Greek cooking and Greek life since 3000 B.C. Olives were so important to the ancient Greeks that it was a crime, punishable by death, to cut down an olive tree. Today the Greek government gives workers paid leave in November so that they can help harvest olives. More than 100 million beautiful gray-green olive trees grow all over Greece, and a million new seedlings are planted each year. Olive trees are everywhere.

Today, Greece produces 90,000 tons of olives each year. One-third of the olive crop stays in Greece, where no mealtime table is complete without a bowl of olives. There are more than one hundred different varieties of olives. All olives start out green and darken as they mature.

Greeks do not just eat olives; they make oil from the little fruits too. To make olive oil, they place the olives in a metal-toothed grinder that presses out the oil. The oil that is removed during the first pressing is called extra-virgin olive oil. It is the finest of all olive oil. Each Greek consumes about 8 gallons of extra-virgin olive oil every year. That is more than any other people on Earth. To Greeks, olive oil is more important than salt or spices. It is even used in place of butter or shortening. It gives flavor and richness to all Greek food. Olives are marinated in it. Eggplant, garlic and onions are fried in it. Vegetables are bathed in it. Fish and meat are rubbed with it. Salads are dressed in it. Dough is rolled in it. Sauces are made from it. Soups and stews are flavored with it. Bread is dunked in it. Even some cookies contain olive oil.

Olives and olive oil are so much a part of Greek life that whenever a new baby is born, Greek families plant an olive tree. Olive trees can live for six hundred years. Many Greeks credit their longevity to olive oil. Many Greeks are so sure that olive oil promotes good health that many Greeks eat a tablespoon of olive oil every morning, similar to the way Americans take vitamins.

Olive & Lemon Mix

Greeks love to combine lemon juice and olive oil to make a sauce or dressing they call *ladolemono*. The sour taste of the lemon balances the sweet smoothness of the olive oil. Used together, they give food a unique and delicious flavor and special aroma.

Lemons & Egg Mix

Lemons are also the basis for another important Greek sauce: *avgolemono*. Creamy and tangy at the same time, avgolemono is the most popular Greek sauce. It is made by combining lemon juice, egg yolks, and chicken broth. This sauce is also used as the basis for soup. Avgolemono is the most beloved flavor for Greek soup, making it the number-one soup in Greece.



Lemons

Greeks have been eating lemons since 700 A.D., when the first lemon tree was planted in Greece. Unlike olives, lemons are not native to Greece. Lemons originated in Southeast Asia. Middle Eastern traders brought lemons to ancient Turkey and then they found their way to Greece.

Scientists say that the Greek diet, with its lemons, olives, and olive oil, may be the healthiest diet on Earth. Besides contributing to the Greek people's good health, these key ingredients have added richness and flavor to Greek cooking and Greek life for thousands of years.

Greek Food

avgolemono: A popular Greek sauce made by combining lemon juice, egg yolks, and chicken broth.

baklava: A flaky pastry that consists of many layers of phyllo dough, nuts, sugar and spices, topped with a honey sauce.

béchamel: A white sauce that is put on top of moussaka.

dolmades: Stuffed grape leaves.

extra-virgin olive oil: The oil extracted the first time olives are pressed.

gyros: Sandwiches made with grilled meat.

horiatiki: A popular Greek salad made with tomatoes, onions, olives and feta cheese.

kourambiedes: Greek butter cookies served at Christmas time.

ladolemono: A sauce made from olive oil and lemons.

loukoumades: Fried honey puffs.

melomakaronas: Honey cookies popular at Christmas time.

moussaka: A casserole made with layers of eggplant, potatoes, onions, red pepper, and lamb.

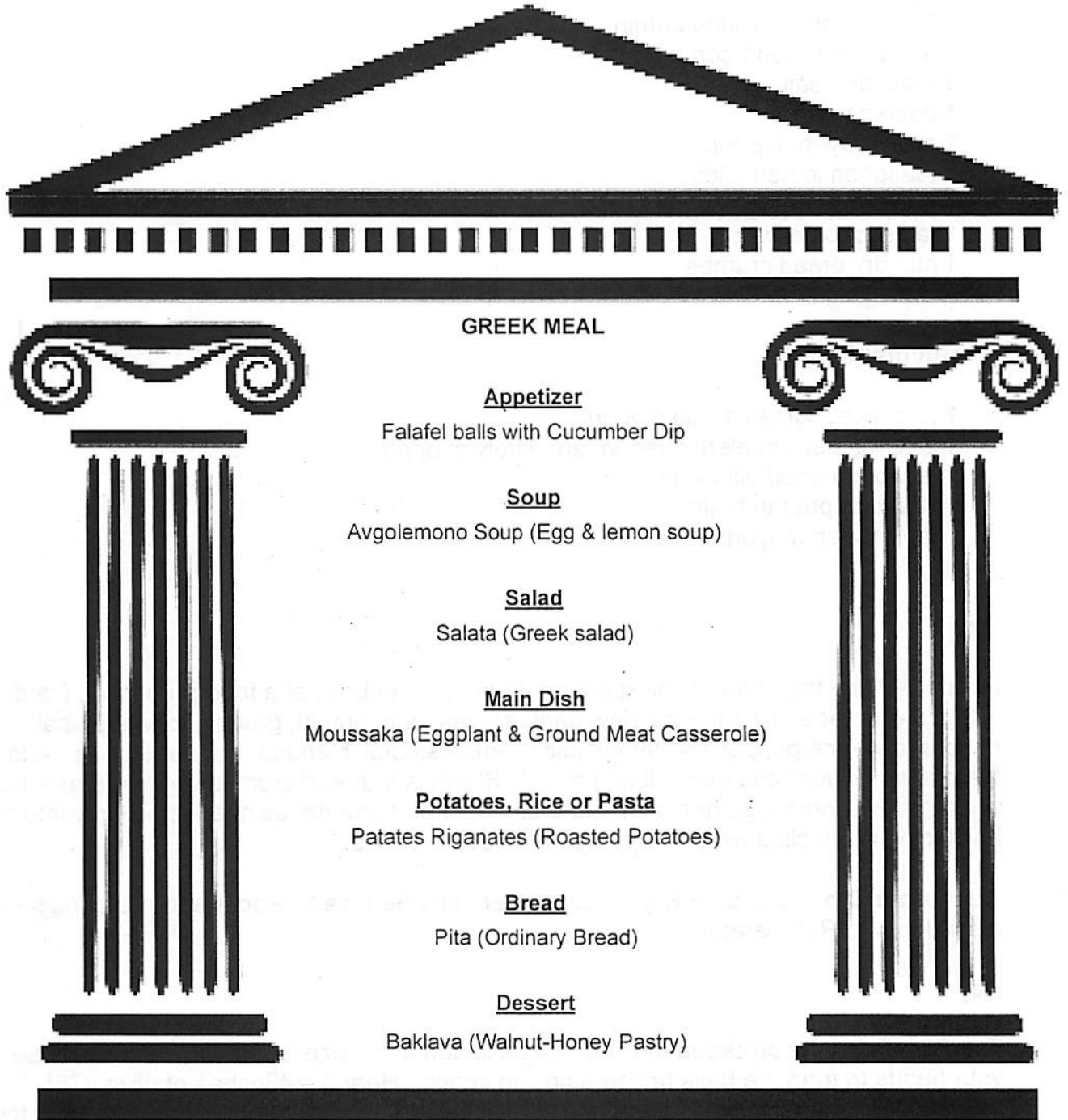
phyllo: A paper-thin pastry dough.

pittas: The Greek word for pies.

tzatziki: A sauce made from yogurt, garlic, cucumber, olive oil and mint.

vassilopitta: A sweet bread that has a coin baked into it and is served on New Year's Eve.

GREECE



GREEK MEAL

Appetizer

Falafel balls with Cucumber Dip

Soup

Avgolemono Soup (Egg & lemon soup)

Salad

Salata (Greek salad)

Main Dish

Moussaka (Eggplant & Ground Meat Casserole)

Potatoes, Rice or Pasta

Patates Riganates (Roasted Potatoes)

Bread

Pita (Ordinary Bread)

Dessert

Baklava (Walnut-Honey Pastry)

Mrs. Steinmetz

Falafel Balls with Cucumber Dip

Falafel Balls

1 (15 ounce) can chickpeas (garbanzo beans), drained
½ large onion, chopped
¼ cup fresh parsley
2 cloves garlic, chopped
1 egg
1 ½ teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 dash pepper
1 pinch cayenne pepper
1 teaspoon lemon juice
1 teaspoon baking powder
1 tablespoon olive oil
1 cup dry bread crumbs
oil for frying

Cucumber Dip

1 (6 ounce) container plain yogurt
1/2 cucumber - peeled, seeded, and finely chopped
1 teaspoon dried dill weed
salt and pepper to taste
1 tablespoon mayonnaise

Day 1

Falafel - Place the drained chickpeas and onion in the bowl of a food processor, fitted with a steel blade. Add the parsley, garlic cloves, egg, cumin, ground coriander, salt, pepper, cayenne pepper and lemon juice. Process until blended, but not pureed. Add the baking powder and olive oil and pulse. Slowly add bread crumbs until mixture is not sticky, but will hold together. Add more or less bread crumbs as needed. Empty into a bowl, cover with cling wrap and refrigerate several hours.

Cucumber Dip – Combine yogurt, cucumber, dill weed, salt, pepper and mayonnaise in a small bowl. Refrigerate.

Day 2

Falafel – Form the chickpea mixture into balls about the size of walnuts. You can use your hands to form the balls or use a cookie scoop. Heat 3 – 4 inches of oil to 375°. Fry one ball to test. If it falls apart, stir in a little flour. Fry about 5 balls at once for a few minutes on each side, approximately 4 – 5 minutes. Drain on paper towels. Serve with Cucumber Dip.

Avgolemono Soup

1 (3 pound) free range chicken
1 large onion, halved
3 carrots, cut into chunks
2 stalks celery, cut into chunks
2 bay leaves
1 Tbsp. whole peppercorns
2 quarts water or enough water to cover the bird

2/3 cup Arborio rice (if not available, a short grain rice)
2 large eggs
1/2 cup fresh lemon juice
1 tablespoon salt
1 teaspoon ground pepper

Garnish – lemon slices & parsley

Day 1

Use a pot large enough to accommodate the chicken. Place the chicken, onion, carrots, celery, bay leaves and peppercorns in the soup pot and add enough water to cover the chicken. Cover the pot with a lid and keep the flame on high. After the water starts to boil, reduce the flame to allow a gentle boil. Let the chicken cook on low for 90 minutes. Check the chicken. If the meat is falling off the bone, the chicken is done. If not, boil for some more time. Remove the chicken from the broth. Remove the vegetables from the broth. Strain the broth to remove bay leaves & peppercorns. Throw the bay leaves and peppercorns away. Refrigerate everything.

Day 2

Remove the chicken from the bones. Discard the bones and skin. Dice the chicken into large cubes and set aside. Check to make sure that there are no small bones in the chicken. Cut the cooked onions, carrots and celery into small pieces. Remove the fat from the top of the chicken broth and discard. Refrigerate everything.

Day 3

Bring the broth to a boil and add the rice. Then turn heat to medium and simmer until the rice is cooked to al dente, about 30 minutes. Add the cut up chicken and cut up vegetables to the broth. Add more water if needed.

In a medium bowl beat the eggs and lemon juice together. Pour 2 cups of the hot broth slowly into the bowl of egg and lemon, whisking continuously. Once all the broth is incorporated, add the mixture into the pot of chicken soup and stir to blend well throughout. Season with salt and pepper. Serve in small custard cups with a thin slice of lemon. Add a sprinkle of chopped fresh parsley floating on top.

Salata (Greek Salad)

Greeks always serve a salad with meals. The following recipe is the classic Greek salad featuring feta cheese.

1 head iceberg or romaine lettuce
24 cherry tomatoes, cut in half lengthwise
2 cucumbers, peeled and sliced
1 green pepper, cored, seeded and cut into strips
5 – 10 scallions, thinly sliced
12 oz. feta cheese, broken into chunks
24 black Greek olives

Dressing:
¼ c. red-wine vinegar
2 cloves garlic, finely chopped
½ tsp. salt
¼ tsp. pepper
1 tsp. oregano
2/3 c. olive oil

Day 1

Wash and dry lettuce, tear into bite-sized pieces.

Wash and cut cherry tomatoes in half lengthwise.

Peel and slice cucumbers.

Core, seed and cut green pepper into strips.

Wash and thinly slice scallions.

Whisk together all of the dressing ingredients except olive oil. Slowly add olive oil, whisking constantly.

Day 2

Place all vegetables in six small bowls. Add crumbled feta cheese and olives. Pour dressing over salad and toss. Serve.

Moussaka (Meat and Eggplant Casserole)

Meat Sauce:

- 2 Tbsp. olive oil
- 1 medium onion, chopped (about 1 ½ cups)
- 1 small garlic clove, minced
- 1 lb. lean ground beef or lamb – (or a combination of beef and lamb)
- 1 6-ounce tomato paste
- 2/3 c. water
- 2 Tbsp. fresh chopped parsley
- 1 tsp. sugar
- ½ tsp. cinnamon
- ½ tsp. salt
- ¼ tsp. ground black pepper

Cream Sauce:

- 3 Tbsp. butter or margarine
- 3 Tbsp. flour
- 1 c. milk
- ½ c. (1 oz.) grated Romano or Parmesan cheese
- 1 egg, lightly beaten

1 medium eggplant, about 1 pound

Day 1

Meat Sauce: Heat oil in a large skillet. Add onion and garlic to skillet. Cook over medium heat, stirring occasionally, until onion is soft, about 10 minutes. Add meat and sauté until meat is not longer pink. Add tomato paste, water, parsley, sugar, cinnamon, salt and pepper. Simmer until the sauce is thick, about 15 minutes.

Cream Sauce: Place butter in a medium saucepan and heat on medium until butter is melted. Stir in flour and milk. Cook over medium heat, stirring constantly until thick and bubbly. Add cheese and stir until melted. Remove from heat. Allow to cool for a few minutes. Just before adding sauce to Moussaka, beat in the egg.

Preheat oven to 350°. Partially peel the eggplant by removing strips. Cut the egg plant into horizontal slices, each 3/8-inch thick. Grease the bottom and sides of a 9 x 9-inch baking dish. Place about one-half of the eggplant slices in the baking dish, cutting slices as necessary to cover the bottom of the baking dish. Spread ½ of the meat sauce evenly over the eggplant. Top with remaining eggplant slices and remaining meat sauce. Spread the cream sauce on top. Cover casserole dish with foil and refrigerate.

Day 2

Preheat oven to 350°. Bake 45 minutes to 1 hour or until casserole is golden brown. Remove from oven and allow to stand for 10 minutes before cutting and serving. Moussaka may be served warm or at room temperature.

Patates Riganates (Roasted Potatoes)

When potatoes are roasted in the oven, they absorb the flavor of whatever is cooking with them. Nobody knows this better than the Greek cook. This recipe comes from the island of Andros, in the Cyclades, where potatoes are plucked from the rich volcanic soil and turned into a variety of dishes.

3 lbs. Idaho or russet baking potatoes

1/3 c. of extra-virgin olive oil (preferably Greek) plus 1 tsp. for coating the baking pan

2 garlic cloves

1 – 2 lemons

1 tsp. salt

2 tsp. dried oregano

Freshly ground black pepper

½ c. chicken stock

Day 1

Peel the potatoes. Cut them in half lengthwise and lay them, flat side down, on the cutting board. Cut each half into long slices about ½ inch wide. Cut the slices into 1 – 1 1/2-inch cubes. Place the cut potatoes into a large bowl.

Add the olive oil and toss well with a spoon to coat the potatoes with the oil. Slightly crush the garlic by laying the flat side of a chef's knife on the clove and pressing evenly to break open the skin. Remove the skin, chop the garlic, and add to the bowl.

Cut the lemon in half and squeeze out the juice through a small strainer to catch any seeds. Measure 1/3 c. lemon juice and add to the potatoes. Now add the salt, dried oregano, and black pepper. Toss well to combine all the ingredients.

Place in a large plastic bag and refrigerate.

Day 2

Lightly coat a 9 x 13" pan with a teaspoon of olive oil. Place the potatoes in the pan and spread them evenly into a single layer with a spoon. Pour the chicken stock over the potatoes, place pan in oven and bake the potatoes for 30 minutes.

Open the oven door and using a spatula or metal spoon, give the potatoes a stir. If they seem too dry, add a little more stock, but no more than 1/3 cup.

Close the oven door and roast the potatoes another 30 minutes. They should be golden brown and tender. Serve hot.

Pita Bread

2 tsp. active dry yeast
1 c. warm water
½ tsp. sugar
2 ¼ c. flour, plus more for kneading
1 tsp. salt
2 Tbsp. canola oil

Day 1 –

In a small mixing bowl, mix together yeast, warm water and sugar. Set aside for 10 minutes.

In a large mixing bowl, stir the flour & salt together. Add the water/yeast mixture and oil to the flour. Stir until the flour is incorporated.

Turn the sticky dough out onto a floured counter and knead in small amounts of flour until the dough is smooth and not sticky (about 5 – 10 minutes).

Divide the ball of dough into six even portions. Roll each piece of dough into a ball and place on a greased baking sheet. Brush lightly with oil. Cover with plastic wrap for an hour, or until they have doubled in size.

Day 2 -

Preheat oven to 450°. Once the dough has doubled in size, punch down each ball to flatten them. With your fingers press each piece of dough to desired thinness for the pitas. Don't pick the pitas up off the baking sheet, just press the centers out until they are thin enough for you.

Bake the dough for about 12 minutes, or until they are puffed and turn golden on top.

Yield – makes 6 large pitas

Baklava (Walnut-Honey Pastry)

Baklava is no doubt the favorite and best-known Greek dessert. It is made with Phyllo.

Syrup:

- 1 c. sugar
- 1 c. water
- 1 ½ inch thick lemon slice
- 1 stick of cinnamon
- 1 c. honey

Pastry:

- 4 c. (1 lb.) finely ground walnuts
- 2 c. (1/2 lb.) finely ground blanched or unblanched almonds
- ¼ c. sugar
- 2 tsp. cinnamon
- ½ tsp. nutmeg
- 1 ½ c. (3 sticks) butter or margarine, melted
- 1 lb. package phyllo pastry, thawed

Day 1

Syrup-

In a small saucepan, combine sugar, water, lemon slice and cinnamon stick. Bring to a boil over medium heat. Reduce heat and simmer 10 minutes. Remove pan from heat. Stir in honey and stir well. When cool, remove the lemon slice and cinnamon stick.

Pastry-

Preheat oven to 300°. In a large bowl, combine walnuts, almonds, sugar, cinnamon and nutmeg. Butter a 9 x 13" pan with 2 Tbsp. butter.

Place 4 sheets of phyllo in the pan, brushing each with melted butter before adding the next sheet. Butter the fourth sheet also. Sprinkle ½ to ¾ cup of nut mixture over the phyllo. Top nut mixture with 2 or more sheets of phyllo, buttering each sheet well. Continue alternating nut mixture with 2 sheets butter phyllo until both are used up, ending with phyllo. Brush top with butter.

With a sharp knife, trim off any excess phyllo on the sides of the pastry. With a sharp knife, cut 1 ½ inch – wide lengthwise strips in the dough. (Do not cut all the way through the dough. Cut through the top layer only.)

Make 1 ½ inch diagonal cuts to create diamond shape pieces. (Again, cut through top layer only.) Bake Baklava for 1 hour or until golden brown.

Remove from oven and place on cooling rack.

Cut through diamonds, completely with a sharp knife. Immediately pour cool syrup over hot pastry. Cool and cover with foil.

Day 2

Remove pieces from pan and serve on a platter.

Market Order Form - Greece

Period _____ Kitchen # _____

		Quantity		Quantity	
FRESH	Delicatessen				
	Meat, Poultry, Seafood	1	chicken		
		1 lb.	lean ground beef		
	Produce Fruits & Vegetables	3	onions	1	iceberg lettuce
		1 bunch	parsley (1/4 C., 2 Tbsp.)	24	cherry tomatoes
		7 clovs	garlic	1	green pepper
FRESH		4	lemons	1 bunch	scallions
		3	cucumbers	1 med.	egg plant
		3	carrots	3 lbs	russset baking potatoes
		2 stalks	celery		
	Dairy Milk, Eggs, Butter, Margarine, Cheese	4	eggs	1 C.	milk
		16oz	yogurt	1oz	parmesan cheese
FRESH		12oz	feta cheese		
		2 C.	butter (1 1/2 C., 3 T.)		
	Bakery				
FROZEN	Fruits & Vegetables				
	Ice Cream Desserts				
GROCERY	Boxes/Packages	1 C.	bread crumbs		
		1 lb.	walnuts		
		1/2 lb.	almonds		
		1 lb.	phyllo pastry dough		
	Bottle & Canned Foods	2	15.62 can garbanzo beans	1	16 oz tomato paste
		1 1/4 C.	Olive oil (1 T. 2/3 C., 2 T., 1/3 C.)	1/2 C.	chicken stock
		24	Black Greek Olives	2 T.	canola oil
		1/4 C.	red wine vinegar	1 C.	honey
	Condiments, Spreads & Sauces	1 T.	mayo		
	Pasta, Rice & Beans	2/3 C.	Arborio Rice		
	Baking & Spices (Flour, Sugar, Brown Sugar, Oil, Shortening, Baking Powder, Baking Soda)	1 1/2 t.	cumin		salt / pepper
		1 t.	coriander	1	stick cinnamon
		pinch	cayenne pepper	3 t.	oregano (1 tsp., 2 tsp.)
		1 t.	baking powder	1/2 t.	cinnamon
		1 t.	dill weed	2 1/2 C.	flour (3 T., 2 1/4 C.)
		2	bay leaves	2 t.	dry yeast
		1 T.	pepper corns	1 1/2 C.	sugar (1 C., 1/2 t., 1/4 t.)
SPECIALTY	Asian & Mexican			1/2 t.	nutmeg
	Other				

Market Order Form

Period _____ Kitchen # _____

		Quantity		Quantity	
FRESH	Delicatessen				
	Meat, Poultry, Seafood				
	Produce Fruits & Vegetables				
	Dairy Milk, Eggs, Butter, Margarine, Cheese				
	Bakery				
FROZEN	Fruits & Vegetables				
	Ice Cream Desserts				
GROCERY	Boxes/Packages				
	Bottle & Canned Foods				
	Condiments, Spreads & Sauces				
	Pasta, Rice & Beans				
	Baking & Spices (Flour, Sugar, Brown Sugar, Oil, Shortening, Baking Powder, Baking Soda)				
SPECIALTY	Asian & Mexican				
	Other				